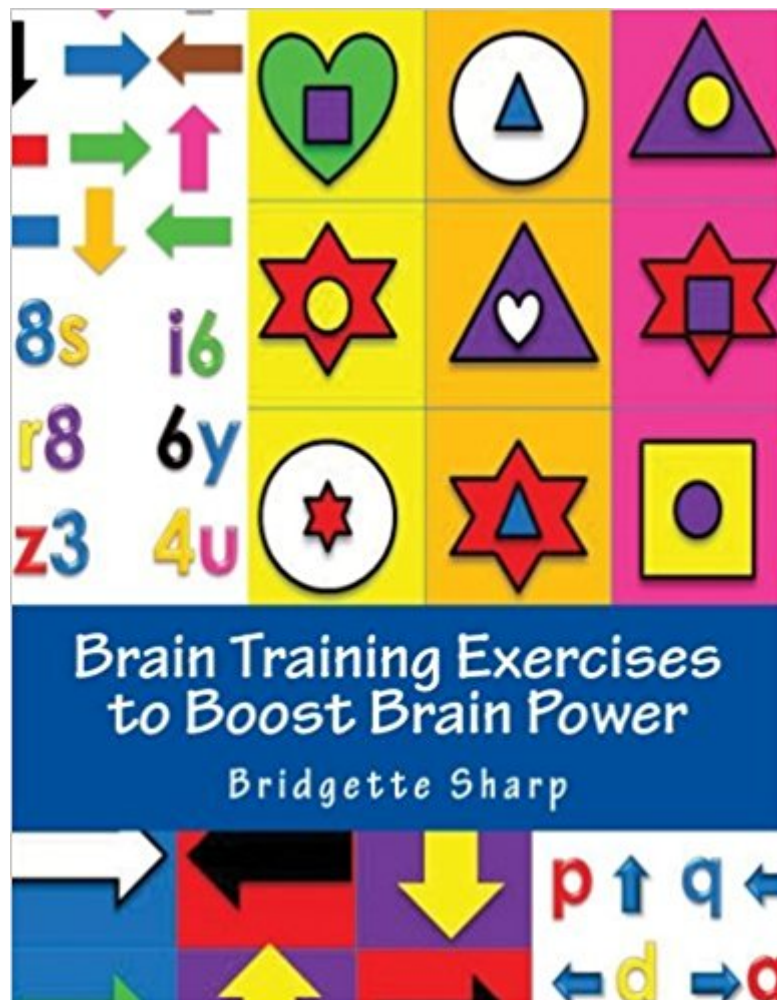




The book was found

Brain Training Exercises To Boost Brain Power: For Improved Memory, Focus And Cognitive Function



Synopsis

Brain Training Exercises to Boost Brain Power is a powerful tool to improve memory, attention, focus, brain balancing and cognitive performance. These mental exercises are wonderful for students young and old. Poor readers can greatly benefit from brain training. Professionals and those wishing to improve their memory and brain processing speed benefit greatly. Mental exercises are recommended for the aging to keep their brain young and to discourage dementia or other cognitive problems from developing. Brain training is a natural way to make difficult mental tasks easier. Cognitive difficulties can often be a result of slow or lacking left and right brain communication. Using brain training exercises engages both hemispheres to communicate and work simultaneously. It also benefits the student by improving memory, sequencing and processing speed. Activities to promote & increase: • Brain Balancing (hemispheric integration) • Brain Processing Speed • Memory • Attention & Focus • Working Memory (short term memory) • Visual Spatial Skills • Cognitive Function Beneficial for: • ADD/ ADHD • Alzheimerâ€™s • Auditory Processing • Autism Spectrum Disorder • Dyslexia remediation • Dementia • Visual Processing & Visual Memory • Anyone wanting improved brain processing and memory skills

Book Information

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Customer Reviews

This is essentially a work book that can't be printed in order to use it. Totally useless useless on can print the pages.

This little workbook has 37 actual pages of exercises. Not worth the money. The exercises themselves are fine but you can find the same things online for free. Just too much charged for what you get.

Great brain exercises. I am using to help my son with processing speed issues. I laminated my pages, so he can reuse them with a dry erase marker so I don't have to make copies.

I use these Brain Training exercises daily with my clients. Each hemispheric integration exercise is meant to be done multiple times to improve speed and accuracy as well as visual working memory and brain processing speed. The results show up in everyday activities with improved memory and faster processing. Many people pay thousands of dollars to go to a brain training center when you can do the same exercises at home.

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